

# Mongolian Beef

Total Cook Time: 1 hour 20 minutes

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

## Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)\* cornstarch
- Cooked rice or rice noodles
- Optional toppings and garnishes: sriracha, sautéed vegetables

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2/3 cup (2/3 cup)\* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 22 minutes.
3. When pressure cooking is complete, use a natural release.
4. Carefully break up any meat that is stuck together.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. To serve, place a serving of noodles or rice on a plate, top with meat and extra sauce. Add desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the meat is tender. Continue with steps 4-6.

## Leftover Suggestions:

- Teriyaki bowl

## Notes:

- This sliced steak might not look very appealing when you first open the pot, but rest assured, it's exactly as it should be. Just wait—you'll be amazed by how tender it is and the incredible flavor it delivers.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 11g	<b>14%</b>	<b>Total Carbohydrate</b> 7g	<b>3%</b>
4 servings per container	Saturated Fat 4.5g	<b>23%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Serving size</b> 3/4 cup (194g)	Trans Fat 0g		Total Sugars 7g	
<b>Calories</b> per serving	<b>Cholesterol</b> 115mg	<b>38%</b>	Includes 7g Added Sugars	<b>14%</b>
<b>290</b>	<b>Sodium</b> 1040mg	<b>45%</b>	<b>Protein</b> 39g	
	Vitamin D 0.1mcg 0% • Calcium 50mg 4% • Iron 2.8mg 15% • Potassium 590mg 15% Vitamin A 0mcg 0% • Vitamin C 0mg 0%			

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: BEEF, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), BROWN SUGAR, SRIRACHA (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE (PRESERVATIVES), XANTHAN GUM), GARLIC, SPICE

CONTAINS: WHEAT, SOY